

FACTS *and* FIGURES *for* SCHOLARS



THE HOME OF
SHREDDED WHEAT

THE SHREDDED WHEAT CO. LTD., WELWYN GARDEN CITY, HERTS.



The Right way to Start the Day

THE best breakfast for everybody is one that contains most nourishment. That is why Shredded Wheat, which is whole wheat cooked and shredded to make it nice to eat and easy to digest, is such a fine "foundation" for the day's work and play.

Get into the habit of eating Shredded Wheat every morning.

SHREDDED WHEAT

BRITONS MAKE IT

IT MAKES BRITONS



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FACTS AND FIGURES

for Scholars

THIS booklet has been produced to meet the need for a quick and handy reference-book. Throughout, the object has been to give concisely only information which is useful and important to the young scholar and to cover as large a field as possible within so small a compass. This little book will often save reference to larger text books on arithmetic, geography, history and grammar, and is sure to prove useful on countless occasions, when facts and figures are wanted quickly.

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ENGLISH & WELSH COUNTIES POPULATIONS & AREAS

County	acreage. (ex. water)	Population (1931)	County Town
Bedfordshire	301,829	220,474	Bedford
Berkshire	460,730	311,334	Reading
Brecknockshire	466,347	57,771	Brecon
Buckinghamshire	477,308	271,665	Buckingham
Cambridgeshire	314,505	217,709	Cambridge
Cardiganshire	441,237	55,164	Cardigan
Carmarthenshire	586,152	179,063	Carmarthen
Carnarvonshire	360,306	120,810	Carnarvon
Cheshire	647,559	1,087,544	Chester
Cornwall	866,320	317,951	Bodmin
Cumberland	961,544	262,897	Carlisle
Denbighshire	426,186	157,645	Denbigh
Derbyshire	645,868	757,332	Derby
Devonshire	1,666,797	732,869	Exeter
Dorsetshire	624,031	239,347	Dorchester
Durham	236,961	1,485,978	Durham
Essex	976,125	1,755,240	Chelmsford
Flintshire	163,041	112,849	Flint
Glamorganshire	516,914	1,225,713	Cardiff
Gloucestershire	803,271	785,656	Gloucester
Hampshire	955,023	1,102,515	Winchester
Herefordshire	536,071	111,755	Hereford
Hertfordshire... ..	402,736	401,159	Hertford
Huntingdonshire	233,221	56,204	Huntingdon
Kent	972,940	1,218,565	Maidstone
Lancashire	1,182,432	5,039,097	Lancaster
Leicestershire	530,642	541,794	Leicester
Lincolnshire	1,700,844	624,553	Lincoln
London	74,850	4,396,821	London
Middlesex	148,692	1,638,521	Brentford
Merionethshire	418,475	43,198	Dolgelly
Monmouthshire	347,486	434,821	Monmouth
Montgomeryshire	505,738	48,462	Montgomery
Norfolk	1,308,156	504,846	Norwich
Northamptonshire	582,875	361,273	Northampton
Northumberland	1,284,189	756,723	Newcastle-on-T.
Nottinghamshire	536,678	712,681	Nottingham
Oxfordshire	476,663	209,599	Oxford
Pembrokeshire	392,384	87,179	Pembroke
Peterborough (Soke of)	53,248	51,845	Peterborough
Radnorshire	299,521	21,314	Presteigne
Rutlandshire	97,087	17,397	Oakham
Shropshire	861,800	244,162	Shrewsbury
Somersetshire	1,034,695	475,120	Taunton
Staffordshire	731,436	1,431,175	Stafford
Suffolk... ..	945,413	401,114	Ipswich
Surrey	458,211	1,180,810	Guildford
Sussex	928,735	770,078	Lewes
Warwickshire	604,864	1,534,782	Warwick
Westmorland	496,464	65,398	Appleby
Wight, Isle of	93,931	88,400	Newport
Wiltshire	861,273	303,258	Salisbury
Worcestershire	454,649	420,156	Worcester
Yorkshire	3,904,413	4,389,465	York

Shredded Wheat makes boys and girls strong and healthy.

SCOTTISH COUNTIES

County.	Acreage (ex. water)	Population (1931)	County Town
Aberdeen	1,261,521	300,430	Aberdeen
Argyll	1,990,472	63,014	Inverary
Ayr	724,251	285,182	Ayr
Banff	403,053	54,835	Banff
Berwick	292,535	26,601	Berwick
Bute	139,658	18,822	Rothsay
Caithness	438,833	25,656	Wick
Clackmannan	34,927	31,947	Clackmannan
Dumbarton	156,927	147,751	Dumbarton
Dumfries	686,302	81,060	Dumfries.
E. Lothian (Haddington)	170,971	47,369	Haddington
Fife	323,012	276,261	Cupar
Forfar	559,037	270,190	Forfar
Inverness	2,695,094	82,082	Inverness
Kincardine	244,482	39,864	Stonehaven
Kinross	52,392	7,454	Kinross
Kirkcudbright	575,832	30,341	Kirkcudbright
Lanark	564,567	1,585,968	Lanark
Midlothian (Edinburgh)	234,325	526,277	Edinburgh
Moray (Elgin)	304,931	40,805	Elgin
Nairn	104,252	8,294	Nairn
Orkney	240,847	22,075	Kirkwall
Peebles	222,240	15,050	Peebles
Perth	1,595,802	120,772	Perth
Renfrew	151,431	288,575	Renfrew
Ross and Cromarty	1,977,248	62,802	Tain
Roxburgh	426,028	45,787	Jedburgh
Selkirk... ..	170,793	22,608	Selkirk
Shetland	352,319	21,410	Lerwick
Stirling	288,835	166,447	Stirling
Sutherland	1,297,914	16,100	Dornoch
W. Lothian (Linlithgow)	76,868	81,426	Linlithgow
Wigtown	311,984	29,299	Wigtown

IRISH COUNTIES

County.	Acreage (ex. water)	Population (1926)	County Town
Province of LEINSTER.		1,149,092	—
Carlow	221,485	34,476	Carlow
Dublin	226,784	505,654	Dublin
Kildare	418,645	58,028	Naas
Kilkenny	509,458	70,990	Kilkenny
Laoighise	493,263	51,540	Tullamore
Longford	257,770	39,847	Longford
Louth	202,181	62,739	Dundalk
Meath	577,735	62,969	Trim
Offaly	424,838	52,592	Maryborough
Westmeath	434,665	56,818	Mullingar
Wexford	580,950	95,848	Wexford
Wicklow	499,957	57,591	Wicklow

Shredded Wheat is nothing but Whole Wheat shredded and baked.

IRISH COUNTIES

County	Acreage (ex. water)	Population (1926)	County Town
Province of MUNSTER.			
Clare	788,377	969,902	Ennis
Cork	1,843,716	95,064	Cork
Kerry	1,161,752	365,747	Tralee
Limerick	663,959	149,171	Limerick
Tipperary	1,051,304	140,343	Tipperary
Waterford	454,489	141,015	Waterford
Province of CONNAUGHT.			
Galway	1,467,850	552,907	Galway
Leitrim	376,510	169,366	Carrick-on-Shannon
Mayo	1,333,356	172,690	Castlebar
Roscommon	608,290	83,556	Roscommon
Sligo	442,205	71,388	Sligo
Province of ULSTER.			
Cavan	467,025	300,091	Cavan
Donegal	1,193,641	82,452	Lifford
Monaghan	318,990	152,508	Monaghan
NORTHERN IRELAND.			
Province of Ulster.			
Antrim (inc. Belfast) ...	717,591	1,256,322	Belfast
Armagh	312,772	606,625	Armagh
Down	608,862	110,083	Downpatrick
Fermanagh	417,912	209,179	Enniskillen
Londonderry	515,270	57,985	Londonderry
Tyrone	779,563	139,675	Omagh
		132,775	

TOWNS IN ENGLAND AND WALES WITH
POPULATION OF OVER 150,000

Town	Population	Town	Population
London (City and Administrative County)	4,396,821	Nottingham	268,801
Birmingham	1,002,413	Portsmouth	249,288
Liverpool	855,539	Leicester	239,111
Manchester	766,333	Cardiff	233,648
Sheffield	511,742	Salford	233,442
Leeds	482,789	Croydon	233,115
Bristol	396,918	Plymouth	208,166
Kingston-upon-Hull	313,366	Sunderland	185,870
Bradford	298,041	Willesden	184,410
West Ham	294,086	Bolton	177,253
Newcastle-upon-Tyne	283,145	Southampton	176,025
Stoke-on-Trent	276,619	Coventry	167,046
		Swansea	164,825
		Tottenham	157,748

Shredded Wheat is a complete food for Brain and Body.

COUNTRIES AND THEIR CAPITALS.

EUROPE.

Country	Capital
Albania ...	Tiranna
Austria ...	Vienna
Belgium ...	Brussels
Bulgaria ...	Sofia
Czechoslovakia ...	Prague
Denmark ...	Copenhagen
Finland ...	Helsingfors
France ...	Paris
Germany ...	Berlin
Great Britain ...	London
Greece ...	Athens
Hungary ...	Budapest
Iceland ...	Reykjavik
Irish Free State ...	Dublin
Italy ...	Rome
Latvia ...	Riga
Lithuania ...	Vilna or Kovno
Luxemburg ...	Luxemburg
Monaco ...	Monaco
Netherlands ...	Amsterdam
Norway ...	Oslo
Poland ...	Warsaw
Portugal ...	Lisbon
Rumania ...	Bucharest
Russia ...	Moscow
Spain ...	Madrid
Sweden ...	Stockholm
Switzerland ...	Berne
Yugoslavia ...	Belgrade

ASIA.

Country.	Capital
Persia ...	Teheran
Afghanistan ...	Kabul
Turkey ...	Angora
India ...	Delhi
China ...	Nanking and
Japan ...	Tokio (Peking)
Burma ...	Mandalay
Korea ...	Seoul
Philippine Islands...	Manila
Siam ...	Bangkok
Straits Settlements	Singapore

AUSTRALASIA.

Country	Capital
Australia ...	Canberra
New South Wales...	Sydney
Queensland ...	Brisbane
South Australia ...	Adelaide
Victoria ...	Melbourne
Western Australia...	Perth
New Zealand ...	Wellington

AFRICA.

Country	Capital
Egypt ...	Cairo
Sudan ...	Khartoum
Abyssinia ...	Addis Abbaba
Madagascar ...	Antananarivo
Uganda ...	Entebbe
Union of S. Africa...	Pretoria
Tanganyika Territory...	Dar-es-Salaam
Kenya Colony ...	Nairobi
French West Africa ...	Dakar
South West Africa ...	Windhuk
Morocco ...	Fez
Algeria ...	Algiers
Rhodesia ...	Salisbury
Nigeria ...	Lagos
Tunis ...	Tunis
Sierra Leone ...	Freetown
Liberia ...	Monrovia
Gambia ...	Bathurst

AMERICA.

Country	Capital
Canada ...	Ottawa
United States ...	Washington
Mexico ...	Mexico City
British Honduras ...	Belize
Guatemala ...	Guatemala City
Honduras ...	Tegucigalpa
Salvador ...	San Salvador
Nicaragua ...	Managua
Costa Rica ...	San Jose
Panama ...	Panama
Peru ...	Lima
Ecuador ...	Quito
Bolivia ...	La Paz
Colombia ...	Bogota
Venezuela ...	Caracas
Brazil ...	Rio de Janeiro
British Guiana ...	Georgetown
Dutch Guiana ...	Paramaribo
French Guiana ...	Cayenne
Argentina ...	Buenos Aires
Paraguay ...	Asuncion
Uruguay ...	Montevideo
Chile ...	Santiago

Fruit and Shredded Wheat are "boon companions."

HEIGHTS OF MOUNTAINS

Name.	Country.	Height (feet).
Everest	India	29,002
Godwin-Austen	India	28,250
Kanchanjanga	India	28,000
Makalu	India	27,700
Tengri Khan	Turkestan	24,000
Aconagua	Chili... ..	23,944
Chumalhari	India	23,944
*Sajama	Bolivia	22,345
Sorato	Bolivia	21,275
Chimborazo	Grenador	20,498
Ruwenzori	Uganda	20,000
*Cotopaxi	Grenador	19,612
El-brus	Russia	18,468
*Popocatepetl	Mexico	17,881
Ararat	Armenia	16,916
Mont Blanc	France and Italy	15,781
Monte Rosa	Switzerland	15,217
Matterhorn	Switzerland	14,782
Finsteraahorn	Switzerland	14,026
Jungfrau	Switzerland	13,669
Ortler Spitz	Tyrol	12,802
Teneriffe	Canary Isle	12,182
Pic de Nethon	Spain	11,168
*Etna	Sicily	10,758
*Hecla	Iceland	5,110
Ben Nevis	Scotland	4,406
*Vesuvius	Italy	4,013
Snowdon	Wales	3,560
Macgillicuddys Reeks	Ireland	3,414
Scaw Fell	England	3,210
Skiddaw	England	3,054
* Volcanoes		

THE TIME IN OTHER CITIES IN THE WORLD WHEN IT IS 12 O'CLOCK NOON IN LONDON.

Auckland (N.Z.)	11-39 p.m.	Moscow	2-30 p.m.
Berlin	12-54 p.m.	Newfoundland	8-29 a.m.
Berne	12-30 p.m.	New York	7-4 a.m.
Bombay	4-51 p.m.	Paris	12-9 p.m.
Brisbane, Queensland... ..	10-12 p.m.	Pekin	7-46 p.m.
Brussels... ..	12-17 p.m.	Philadelphia	6-59 a.m.
Calcutta	5-33 p.m.	Prague	12-58 p.m.
Cape of Good Hope	1-14 p.m.	Rome	12-50 p.m.
Constantinople... ..	1-56 p.m.	San Francisco Port	3-52 a.m.
Dublin	11-35 a.m.	St. Petersburg	2-1 p.m.
Edinburgh	11-47 a.m.	Stockholm	1-12 p.m.
Jerusalem	2-21 p.m.	Suez	2-10 p.m.
Lisbon	11-23 a.m.	Sydney	10-5 p.m.
Madras	5-21 p.m.	Toronto... ..	6-42 a.m.
Madrid	11-45 a.m.	Vancouver	3-38 a.m.
Melbourne, Australia	9-40 p.m.	Vienna	1-5 p.m.

Shredded Wheat with toasted cheese makes a wonderful meal.

LONGEST RIVERS OF THE WORLD

EUROPE.

	miles long
Volga	2,325
Danube	1,725
Rhine... ..	800
Rhone	640
Seine	475
Shannon	254
Severn	220
Thames	210

N. AMERICA.

	miles long
Missouri	2,900
Mackenzie	2,525
Mississippi	2,490
St. Lawrence—	

From L. Ontario to Sea ... 755

If including lakes ... 2,384

Yukon 2,000

Arkansas 1,514

Oh o 1,200

Red 1,200

Columbia 1,150

If Missouri and Mississippi Rivers are considered as one, then length is over 4,200 miles—the longest river in the world.

AUSTRALIA.

	miles long
Darling	1,760
Murray	1,450
Murrumbidgee	1,050

S. AMERICA.

	miles long
Amazon	4,000
Parana	2,450
La Plata	2,300
Madeira	2,000
San Francisco	1,800

AFRICA.

	miles long
The Nile	3,600
Congo	3,000
Niger	2,600
Zambesi	1,500

ASIA.

	miles long
Yenisei	3,400
Yang-tze-Kiang	3,200
Amur	3,000
Lena	2,800
Hwangho (Yellow River)	2,600
Obe	2,600
Indus	2,000
Euphrates	1,780
Brahmaputra	1,680
Si-Kiang (West River)	1,600
Ganges	1,455
Irrawaddy	1,300

PRINCIPAL LAKES OF THE WORLD.

Caspian Sea (Salt), between Asia and Europe	170,000 sq. miles
Superior, North America	32,000 "
Aral Sea (Salt), Central Asia	26,166 "
Victoria Nyanza, Central Africa	26,000 "
Michigan, North America	23,900 "
Huron, North America	23,610 "
Balkash, Turkestan	17,250 "
Baikal, Siberia	13,700 "
Tanganyika, Central Africa	12,700 "
Nyassa, Central Africa	11,000 "
Erie, North America	9,600 "
Winnipeg, North America	9,547 "
Ontario, North America	7,260 "
Ladoga, Russia	6,190 "
Rudolf, Central Africa	3,500 "
Titicaca, South America	3,200 "

Your Shredded Wheat is ready directly the milk is poured on.

THE LARGEST ISLANDS

Australia	...	...	...	...	...	...	2,974,580 sq. miles
Greenland	...	...	...	...	...	...	827,300 "
New Guinea, Pacific	...	...	...	...	...	...	330,000 "
Borneo, Pacific	...	...	...	...	...	...	280,000 "
Baffin Land, Arctic	...	...	...	...	...	...	236,000 "
Madagascar, Indian	...	...	...	...	...	...	228,000 "
Sumatra, Indian	...	...	...	...	...	...	160,000 "
Great Britain, Atlantic...	...	...	...	...	...	...	88,603 "
Honshiu (Japan), Pacific	...	...	...	...	...	...	87,500 "
Celebes, Indian	...	...	...	...	...	...	72,000 "

WATERFALLS.

Kaiaeteur Falls, British Guiana	...	...	...	...	822 feet
Victoria Falls, Zambesi	...	...	...	...	400 "
Niagara Falls, Canada	...	...	...	...	365 "
Great Falls, Orange River	...	...	...	...	300 "

THE SOLAR SYSTEM.

	Distance from Sun in approx. millions of Miles.				Diameter. Miles.
The Sun	...	...	...	...	864,367
Mercury	...	...	...	36	3,008
Venus	...	...	...	67	7,701
Earth	...	...	...	92	7,927
Mars	...	...	...	141	4,216
Jupiter	...	...	...	483	90,254
Saturn	...	...	...	886	76,455
Uranus	...	...	...	1,782	30,193
Neptune	...	...	...	2,793	34,823

BRITISH EMPIRE POPULATION.

United Kingdom and Ireland	...	...	...	...	49,019,609
Isle of Man, Channel Isles, etc.	...	...	...	...	149,000
Colonies, Dependencies, etc. (including India)	...	...	...	...	387,576,000
British Empire (approx.)	...	...	...	...	436,744,609

The British Empire contains about 13,000,000 square miles, or over one-fifth of the Earth's Surface.

Hard working men say there is nothing like Shredded Wheat.

COMMON ERRORS OF SPEECH & WRITING

ERROR. It is no use attempting to learn Grammar **without** we attend to its rules.

CORRECTION. It is of no use to attempt to learn Grammar **unless** we attend to its rules.

ERROR. My father sent him and **I** to school.

CORRECTION. My father sent him and **me** to school.

ERROR. We all seemed to be **nearly dressed** alike.

CORRECTION. We all seemed to be **dressed nearly** alike.

ERROR. We often hear of **those** sort of **things**.

CORRECTION. We often hear of **that** sort of **thing**.

ERROR. He began **to sharply** address me.

CORRECTION. He began **sharply to** address me.

ERROR. The cost of apples and pears **are** much too high.

CORRECTION. The cost of apples and pears **is** much too high.

ERROR. A person always airing **their** views is a nuisance.

CORRECTION. A person always airing **his or her** views is a nuisance.

ERROR. He **only got** 5/- for the job.

CORRECTION. He **got only** 5/- for the job.

ERROR. I am different **to** you.

CORRECTION. I am different **from** you.

ERROR. He **swum** three lengths yesterday.

CORRECTION. He **swam** three lengths yesterday.

ERROR. I **laid** down for half-an-hour.

CORRECTION. I **lay** down for half-an-hour.

ERROR. I did it **like** they told me to.

CORRECTION. I did it **as** they told me to.

ERROR. They **didn't use** to close till eight o'clock.

CORRECTION. They **used not** to close till eight o'clock.

ERROR. A preposition is not a good word to end a sentence **with**.

CORRECTION. A preposition is not a good word **with which** to end a sentence.

Shredded Wheat builds strong bone and muscle.

ABBREVIATIONS IN COMMON USE

Al.	First Class.	I.L.P.	Independent Labour Party.
A.A.A.	Amateur Ath. Assoc.	J.P.	Justice of Peace.
A.B.	Able-bodied seaman.	Jr.	Junior.
Abbrev.	Abbreviated.	K.C.	King's Counsel.
Abr.	Abridged.	K.g.	Kilogramme.
A.D.	Anno Domini—in the year of Our Lord.	Km.	Kilometre.
A.D.C.	Aide-de-camp.	L.C.C.	London County Council.
Ad lib.	At pleasure.	L.M.S.	London Midland and Scottish Railway.
Adj.	Adjective.	L.N.E.R.	London and North-Eastern Railway.
Advt.	Advertisement.	loc. cit.	In the place quoted.
Ad val.	According to value.	M.C.C.	Marylebone Cricket Club.
Agt.	Agent.	Mlle.	Mademoiselle.
A.M.	Before noon.	Mme.	Madam.
Anon.	Anonymous.	mm.	Millimetres.
Assoc.	Association.	M.P.	Member of Parliament.
B.A.	Bachelor of Arts.	MS.	Manuscript.
Bart.	Baronet.	N.B.	Note well.
B.E.	Bill of Exchange.	N.C.U.	National Cyclists Union.
Bor.	Borough.	Ob.	(L. Obiit) Died.
B.Sc.	Bachelor of Science.	Op. cit.	In the work referred to.
Cantab.	Of Cambridge.	Oxon.	Of Oxford.
Caps.	Capitals.	Oz.	Ounces.
Capt.	Captain.	%	Per cent.
Cent.	A hundred.	P.	Page.
Cf. or Cp.	Compare.	Par.	Paragraph.
c.c.	Cubic centimetre.	p.c.	Postcard.
Cm.	Centimetre.	P.C.	Privy Councillor.
Co.	Company or County.	P.M.	Afternoon.
C/o.	Care of	P.M.G.	Postmaster General.
C.O.D.	Cash on delivery.	p.p.	Pages.
C.P.R.	Canadian Pacific Railway	Pref.	Preface.
C.T.C.	Cyclists' Touring Club.	Prof.	Professor.
Cwt.	A hundredweight.	Pro tem.	For the time being.
Ditto or do.	The same.	Prox.	Next month.
Doz.	Dozen.	P.S.	Post Script.
Dr.	Doctor, Debtor.	P.T.O.	Please turn over.
dwt.	A pennyweight.	Q.E.D.	Which was to be shown.
e.g.	For example.	Recd.	Received.
Etc.	And the rest.	R.N.	Royal Navy.
Et. seq.	And the following.	R.S.V.P.	Reply, if you please.
F. or Fahr.	Fahrenheit (Thermometer).	Sec.	Secretary.
Fid. def.	Defender of the Faith.	Sh.	Shilling.
F.R.S.	Fellow of the Royal Society.	Sr.	Senior.
G.B.	Great Britain.	SS.	Steamship.
g.	Gramme.	St.	Saint.
gr.	Grain.	U.K.	United Kingdom.
G.R.	Georgius Rex.	U.S.A.	United States of
G.W.R.	Gt. Western Railway.	vb.	Verb. [America.]
H.M.S.	His Majesty's Ship.	V.C.	Victoria Cross.
H.P.	Horse power.	Viz.	Namely.
Id or Idem.	The same.	Wk.	Week.
i e.	That is.		

Shredded Wheat is nothing but Whole Wheat shredded and baked.

LATIN TERMS IN COMMON USE

Ab initio ...	...	From the beginning.
Annus mirabilis ...	...	A wonderful year.
Bona fide ...	...	Genuine ; in good faith.
Cave canem ...	...	Beware of the Dog.
Ceteris paribus ...	...	Other things being equal.
Cui bono ? ...	...	Whom does it benefit ?
De facto ...	...	In point of fact ; actual.
De jure ...	...	By right, rightful.
De novo ...	...	Anew.
Dramatis personæ ...	...	Characters of the play.
Emeritus ...	...	Retired.
Ex cathedra ...	...	From the chair ; with authority.
Ex officio ...	...	By virtue of office.
Ex post facto ...	...	After the event.
Festina lente ...	...	More haste, less speed.
Flagrante delicto ...	...	In the very act.
Gratis ...	...	For nothing.
Hic jacet ...	...	Here lies.
Hoc genus omne ...	...	All of this kind.
In extenso ...	...	At full length.
In loco parentis ...	...	In the place of a parent.
Inter alia ...	...	Among other things.
Ipsa facto ...	...	By the fact itself.
Lapsus linguæ ...	...	A slip of the tongue.
Locum tenens ...	...	A deputy.
Mirabile dictu ...	...	Marvellous to relate.
More suo ...	...	After his own manner.
Multum in parvo ...	...	Much in little.
Ne plus ultra ...	...	Perfection.
Non sequitur ...	...	It does not follow.
Obiter dictum ...	...	A remark made by the way.
Prima facie ...	...	At first sight.
Pro rata ...	...	In proportion.
Sanctum sanctorum ...	...	The holy of holies.
Sine die ...	...	Without a day being appointed.
Sub judice ...	...	Under consideration.
Sub rosa ...	...	Secretly.
Sui generis ...	...	Of its own kind.
Tabula rasa ...	...	A clean slate.
Vae victis ! ...	...	Woe to the vanquished !
Vide supra ...	...	See above.
Viva voce ...	...	In the living voice ; orally.

ROMAN NUMBERS. I=1, V=5, X=10, L=50, C=100, D=500, M=1000.

When these symbols are followed by symbols of equal or less value the figure indicated is the sum of the symbols : *i.e.*, XII=10 plus 1 plus 1=12.

If symbol is preceded by one of less value the smaller symbols are deducted from the higher value : *i.e.*, IX=10 minus 1=9.

30 days hath September, April, June and November ;

All the rest have 31, excepting February alone,

That has 28 days clear, and 29 in each Leap Year.

Leap Year every four years.

Shredded Wheat builds strong bone and muscle.

MULTIPLICATION TABLES

Twice	3 times	4 times	5 times	6 times
1 are 2	1 are 3	1 are 4	1 are 5	1 are 6
2 = 4	2 = 6	2 = 8	2 = 10	2 = 12
3 = 6	3 = 9	3 = 12	3 = 15	3 = 18
4 = 8	4 = 12	4 = 16	4 = 20	4 = 24
5 = 10	5 = 15	5 = 20	5 = 25	5 = 30
6 = 12	6 = 18	6 = 24	6 = 30	6 = 36
7 = 14	7 = 21	7 = 28	7 = 35	7 = 42
8 = 16	8 = 24	8 = 32	8 = 40	8 = 48
9 = 18	9 = 27	9 = 36	9 = 45	9 = 54
10 = 20	10 = 30	10 = 40	10 = 50	10 = 60
11 = 22	11 = 33	11 = 44	11 = 55	11 = 66
12 = 24	12 = 36	12 = 48	12 = 60	12 = 72
7 times	8 times	9 times	10 times	11 times
1 are 7	1 are 8	1 are 9	1 are 10	1 are 11
2 = 14	2 = 16	2 = 18	2 = 20	2 = 22
3 = 21	3 = 24	3 = 27	3 = 30	3 = 33
4 = 28	4 = 32	4 = 36	4 = 40	4 = 44
5 = 35	5 = 40	5 = 45	5 = 50	5 = 55
6 = 42	6 = 48	6 = 54	6 = 60	6 = 66
7 = 49	7 = 56	7 = 63	7 = 70	7 = 77
8 = 56	8 = 64	8 = 72	8 = 80	8 = 88
9 = 63	9 = 72	9 = 81	9 = 90	9 = 99
10 = 70	10 = 80	10 = 90	10 = 100	10 = 110
11 = 77	11 = 88	11 = 99	11 = 110	11 = 121
12 = 84	12 = 96	12 = 108	12 = 120	12 = 132
12 times	13 times	14 times	15 times	16 times
1 are 12	1 are 13	1 are 14	1 are 15	1 are 16
2 = 24	2 = 26	2 = 28	2 = 30	2 = 32
3 = 36	3 = 39	3 = 42	3 = 45	3 = 48
4 = 48	4 = 52	4 = 56	4 = 60	4 = 64
5 = 60	5 = 65	5 = 70	5 = 75	5 = 80
6 = 72	6 = 78	6 = 84	6 = 90	6 = 96
7 = 84	7 = 91	7 = 98	7 = 105	7 = 112
8 = 96	8 = 104	8 = 112	8 = 120	8 = 128
9 = 108	9 = 117	9 = 126	9 = 135	9 = 144
10 = 120	10 = 130	10 = 140	10 = 150	10 = 160
11 = 132	11 = 143	11 = 154	11 = 165	11 = 176
12 = 144	12 = 156	12 = 168	12 = 180	12 = 192

MATHEMATICAL SIGNS.

+ plus—the sign of addition.

— minus—the sign of subtraction.

× multiplied by—the sign of multiplication.

÷ divided by—the sign of division.

= equals—the sign of equality.

∴ denotes “therefore”; ∵ “because”;
∴ “so is”; ∴ “is to,” “to.”

Healthy appetites call for healthy food—Shredded Wheat.

FARTHING, PENCE AND SHILLINGS TABLES

Farthings.			Pence.			Shillings.					
				£	s.	d.		£	s.	d.	
2	...	$\frac{1}{2}$ d.	12	...	1	0	20	...	1	0	0
3	...	$\frac{3}{4}$ d.	20	...	1	8	30	...	1	10	0
4	...	1d.	24	...	2	0	40	...	2	0	0
5	...	$1\frac{1}{4}$ d.	30	...	2	6	50	...	2	10	0
6	...	$1\frac{1}{2}$ d.	36	...	3	0	60	...	3	0	0
7	...	$1\frac{3}{4}$ d.	40	...	3	4	70	...	3	10	0
8	...	2d.	48	...	4	0	80	...	4	0	0
9	...	$2\frac{1}{4}$ d.	50	...	4	2	90	...	4	10	0
10	...	$2\frac{1}{2}$ d.	60	...	5	0	100	...	5	0	0
11	...	$2\frac{3}{4}$ d.	70	...	5	10	110	...	5	10	0
12	...	3d.	72	...	6	0	120	...	6	0	0
13	...	$3\frac{1}{4}$ d.	80	...	6	8	130	...	6	10	0
14	...	$3\frac{1}{2}$ d.	84	...	7	0	140	...	7	0	0
15	...	$3\frac{3}{4}$ d.	90	...	7	6	150	...	7	10	0
16	...	4d.	96	...	8	0	160	...	8	0	0
17	...	$4\frac{1}{4}$ d.	100	...	8	4	170	...	8	10	0
18	...	$4\frac{1}{2}$ d.	108	...	9	0	180	...	9	0	0
19	...	$4\frac{3}{4}$ d.	110	...	9	2	190	...	9	10	0
20	...	5d.	120	...	10	0	200	...	10	0	0
21	...	$5\frac{1}{4}$ d.	130	...	10	10	250	...	12	10	0
22	...	$5\frac{1}{2}$ d.	132	...	11	0	300	...	15	0	0
23	...	$5\frac{3}{4}$ d.	140	...	11	8	350	...	17	10	0
24	...	6d.	144	...	12	0	400	...	20	0	0
28	...	7d.	150	...	12	6	450	...	22	10	0
32	...	8d.	156	...	13	0	500	...	25	0	0
36	...	9d.	160	...	13	4	650	...	32	10	0
40	...	10d.	170	...	14	2	750	...	37	10	0
44	...	11d.	180	...	15	0	850	...	42	10	0
48	...	1/0	190	...	15	10	950	...	47	10	0
96	...	2/0	200	...	16	8	1000	...	50	0	0
120	...	2/6	240	...	1	0	1500	...	75	0	0
240	...	5/0	480	...	2	0	2000	...	100	0	0
480	...	10/0	1200	...	5	0	2500	...	125	0	0
960	...	£1	2400	...	10	0	3000	...	150	0	0
1920	...	£2	4800	...	20	0	4000	...	200	0	0

SOME OF THE WORLD'S RAREST STAMPS.

The "Post Office" Mauritius 1d. and 2d. A specimen of the 2d. stamp unused has realized as much as £1,600.

1d. "type-set" British Guiana (1856) is even more valuable; only one copy is known to be in existence.

Triangular Cape of Good Hope (1862) provisionally printed from electrotypes with errors in colour. 2d. unused has sold for as much as £500.

4d. Western Australian (1854) with the Swan inverted has realized £400 for a used specimen.

Wheat is a complete food—Shredded Wheat is its best form.

WEIGHTS & MEASURES

AVOIRDUPOIS.

16 drams	= 1 ounce. (oz.).
16 ounces	= 1 pound (lb.).
14 pounds	= 1 stone.
28 pounds	= 1 quarter (qr.).
4 quarters	= 1 hundred-weight (cwt.).
20 hundredweights	= 1 ton.

TROY WEIGHT.

24 grains	= 1 pennyweight. (dwt.).
20 pennyweights	= 1 ounce (oz.).
12 ounces	= 1 pound (lb.).
This weight is applied to gold, silver, jewels, etc.	

DRY MEASURE.

2 gallons	= 1 peck.
4 pecks	= 1 bushel.
3 bushels	= 1 sack.
12 sacks	= 1 chaldron.
8 bushels	= 1 quarter.
5 quarters	= 1 load.

SUPERFICIAL MEASURE.

144 square inches	= 1 sq. foot.
9 square feet	= 1 sq. yard.
30½ square yards	= 1 sq. pole.
40 sq. poles	= 1 sq. rood.
4 square roods	= 1 acre.
640 acres	= 1 sq. mile.

SOLID OR CUBIC MEASURE.

1728 cubic inches	= 1 cubic foot
27 cubic feet	= 1 cubic yard

LIQUID MEASURE.

4 gills	= 1 pint.
2 pints	= 1 quart.
4 quarts	= 1 gallon.
63 gallons	= 1 hogshead.

LINEAR MEASURE.

12 inches	= 1 foot.
3 feet	= 1 yard.
5½ yards	= 1 rod or pole.
40 poles	= 1 furlong.
8 furlongs	= 1 mile.
1 nautical mile	= 1.1515 mile.

CLOTH MEASURE.

2½ inches	= 1 nail.
4 nails	= 1 quarter.
4 quarters	= 1 yard.
3 quarters	= 1 Flemish Ell.
5 quarters	= 1 English Ell.
6 quarters	= 1 French Ell.

MEASURES OF TIME.

60 seconds	= 1 minute.
60 minutes	= 1 hour.
24 hours	= 1 day.
7 days	= 1 week.
28 days	= 1 lunar month.
28, 29, 30 or 31 days	= 1 calendar month.
365 days	= 1 year.
366 days	= 1 leap year.

THE METRIC OR FRENCH SYSTEM

MEASURES OF LENGTH.

The METRE, the unit of length, is the ten-millionth part of a line drawn from the Pole to the Equator, and measures about 39.37 inches.

1 Metre	... As above.	1 Decimetre	... 1/10th of a metre.
1 Decametre	... 10 metres.	1 Centimetre	... 1/100th of a metre
1 Hectometre	... 100 metres.	1 Millimetre	... 1/1000th of a metre.
1 Kilometre	... 1000 metres.		

SQUARE MEASURE.

The ARE, the unit of surface measure, is a square the side of which is ten metres long. Equals 119.6 English square yards.

1 Are	... 100 Square Metres.	1 Deciare	... 1/10th of an Are
1 Decare	... 10 Ares	1 Centiare	... 1/100th of an Are
1 Hectare	... 100 Ares	Or metre carre (square metre)	

Shredded Wheat every day, makes you good at work and play.

THE METRIC OR FRENCH SYSTEM

MEASURES OF WEIGHT.

The GRAMME, the unit of weight, is the weight of a cubic centimetre of distilled water at 4° Centigrade. Equals 15·432 troy grains.

1 Gramme ...	As above.	1 Decigramme ...	1/10th of a gram.
1 Decagramme ...	10 gram.	1 Centigramme ...	1/100th of a gram.
1 Hectogramme ...	100 gram.	1 Milligramme ...	1/1000th of a gram.
1 Kilogramme ...	1000 gram.	$\frac{1}{2}$ kilogramme is called a livre.	
(or kilo)			
1 Myriagramme ...	10000 gram.		

MEASURES OF CAPACITY (DRY AND LIQUID).

The LITRE, the unit of the measures of capacity, dry and liquid, is the volume of a cubic decimetre (one litre is rather less than a quart).

1 Litre ...	As above.	1 Decilitre ...	1/10th of a litre
1 Decalitre ...	10 litres.	1 Centilitre ...	1/100th of a litre
1 Hectolitre ...	100 litres.	1 Millilitre ...	1/1000th of a litre.

CONVERSION TABLE OF WEIGHTS AND MEASURES

(These figures are correct to two decimal places only.)

A.—METRIC TO IMPERIAL.

Linear.	Cubic.	Weight.
1 cm. = 0·39 inches.	1 cu. cm. = 0·06 cu. ins.	1 g. = 15·43 grains
1 metre = 39·37 inches.	1 cu. m = 35·31 cu. feet.	(Avoirdupois).
1 km. = 0·62 miles.		1 kilogram = 2·20 lbs.
		1 tonne (1,000 kg.) = 0·98 tons.
		1 g. = 0·03 oz. (Troy).
Square.	Capacity.	
1 sq. cm. = 0·16 sq. ins.	1 litre = 1·76 pints.	
1 sq. m. = 10·76 sq. feet.	1 hectolitre = 22·00 gals.	
1 hectare = 2·47 acres.		

B.—IMPERIAL TO METRIC.

Linear.	Cubic.	Avoirdupois Weight.
1 in. = 25·40 mm.	1 cu. in. = 16·39 cu. cm.	1 grain = 0·06 grammes.
1 ft. = 0·30 m.	1 cu. ft. = 0·03 cu. m.	1 ounce = 28·35 grammes.
1 yd. = 0·91 m.	1 cu. yd. = 0·76 cu. m.	1 pound = 0·45 kg.
1 mile = 1·61 k.m.		1 cwt. = 50·80 kg.
		1 ton = 1·02 tonnes or 1016 kilograms.
Square.	Capacity.	Troy Weight.
1 sq. in. = 6·45 sq. cm.	1 pint = 0·57 litres.	1 pennyweight = 1·6 grs.
1 sq. yd. = 0·84 sq. m.	1 gallon = 4·55 litres.	1 ounce = 31·10 grs.
1 acre = 0·40 hectares.		
1 sq. mile = 259·00 hect.		

CONVERSION OF THERMOMETER READINGS

Degrees Fahrenheit—32	Degrees Centigrade	Degrees Reaumur
9	5	4

The more you eat of Shredded Wheat, the better you will like it.

KINGS OF ENGLAND

SAXONS.		A.D.	SAXONS.		A.D.	DANES.		A.D.
Egbert.....	807		Edred.....	946		Sweyn.....	1013	
Ethelwulf.....	839		Edwy or Edwin.....	955		Canute.....	1017	
Ethelbald.....	858		Edgar.....	958		Harold I.....	1035	
Ethelbert.....	858		Edward.....	975		Hardicanute.....	1040	
Ethelred I.....	866		(the Martyr)					
Alfred the Great.....	871		Ethelred II.....	979				
Edward (the Elder).....	901		(the Unready)			SAXONS.		
Ethelstan.....	925		Edmund II.....	1016		Edward.....	1042	
Edmund I.....	940		(Ironsides)			(the Confessor)		
						Harold II.....	1066	

NORMANS.		A.D.	Reigned
William I.....	1066	..	21 years
William II.....	1087	..	13 "
Henry I.....	1100	..	35 "
Stephen.....	1135	..	19 "

PLANTAGENETS.

Henry II.....	1154	..	35 "
Richard I.....	1189	..	10 "
John.....	1199	..	17 "
Henry III.....	1216	..	56 "
Edward I.....	1272	..	35 "
Edward II.....	1307	..	20 "
Edward III.....	1327	..	50 "
Richard II.....	1377	..	22 "

HOUSE OF LANCASTER.

Henry IV.....	1399	..	13 "
Henry V.....	1413	..	9 "
Henry VI.....	1422	..	39 "

HOUSE OF YORK.

Edward IV.....	1461	..	22 "
Edward V.....	1483	..	0 "
Richard III.....	1483	..	2 "

TUDORS.

Henry VII.....	1485	..	24 "
Henry VIII.....	1509	..	38 "
Edward VI.....	1547	..	6 "
Mary I.....	1553	..	5 "
Elizabeth.....	1558	..	44 "

STUARTS.

		A.D.	Reigned
James I.....	1603	..	22 years
(VI. of Scotland)			
Charles I.....	1625	..	24 "
Commonwealth declared May 19th,			
1649. Oliver Cromwell, Lord			
Protector, 1653-8. Richard Crom-			
well, Lord Protector, 1658-9.			
		A.D.	Reigned
Charles II.....	1649	..	25 years
James II.....	1685	..	3 "
William III. and			
Mary II.....	1689	..	13 "
			6 "
Anne.....	1702	..	12 "

HOUSE OF HANOVER.

George I.....	1714	..	13 "
George II.....	1727	..	33 "
George III.....	1760	..	59 "
George IV.....	1820	..	10 "
William IV.....	1830	..	7 "
Victoria.....	1837	..	63 "

HOUSE OF KENT.

Edward VII.....	1901	..	9 "
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HOUSE OF WINDSOR.

George V.....	1910	..	—
Whom God Preserve !			

BANK HOLIDAYS.**ENGLAND and IRELAND.**

Good Friday.
Easter Monday.
Whit Monday.
First Monday in August.
Christmas Day, December 25th.
Boxing Day, December 26th.
St. Patrick's Day (Ireland only),
March 17th.

QUARTER DAYS.

Lady Day—March 25th.
Midsummer—June 24th.
Michaelmas—Sept. 29th.
Christmas—December 25th.

SEASONS.

Spring begins 21st March.
Summer „ 21st June.
Autumn „ 21st September.
Winter „ 21st December.



An Ideal food for Scholars

YOUR mind and body grow more quickly in the school years than at any time of your life. You have to pack a lot of work and play into each day and all the time you are using up energy, muscular and mental, which must be renewed frequently.

Whole wheat is the great source of energy to Man and Shredded Wheat is whole wheat in its most digestible form.

You will get through your school-work and enjoy your play more if you have plenty of this healthy, enjoyable food, and your mother knows this is true—ask her.

SHREDDED WHEAT

RICH IN

VITAMIN "B."

100
FOOD



A Builder of Men

THERE'S no finer food for muscle, nerve and bone than wholesome Shredded Wheat. Made from the entire wheat in a form that is easily digested, every shred nourishes and builds.

Get the healthy Shredded Wheat habit. Every morning eat the crisp golden "biscuits" with hot or cold milk, and also enjoy them at lunch-time with stewed or tinned fruit. Ready to serve—no cooking. 100% food remember.

SHREDDED WHEAT

OF ALL GROCERS

EVERYWHERE

100%
FOOD